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The present invention relates to a shoe insole, embodied as a foot pad, as generically defined by the preamble to claim 1.

On average, one out of every five persons between the ages of 20 and 70 requires treatment for some venous problem, and even one out of three experiences pathological venous changes that although not yet requiring invasive treatment nevertheless cause problems and can require treatment later on. This is due in general to an often hereditary weakness in connective tissue that causes slackening of the walls of the veins, leading to an inadequate capability of the valves in the veins to close. The result is a reduction in the venous return flow from the legs into the trunk. A shoe insole for such persons is known from European Patent Disclosure EP 0 971 606 B1. By synergistically reinforcing muscular contraction during motion of the ankle joints, such shoe insoles considerably improve the venous return from the foot through the legs into the trunk. Because the cushion-like layers are not raised in solitary fashion but instead are placed in plateau-like form in certain areas of the foot and are subdivided in a targeted way into separate fields, suitable abutment areas are created that positively affects contraction of the musculature in the foot. Not only when the foot is in motion, but also to a large extent while the person is standing, these discrete abutment points press mechanically and homogeneously on the venous and lymphatic vascular system because of the inducement and stimulation of muscular contraction, leading to the aforementioned increase in venous return from the legs toward the trunk. This